

# Village of Antioch Parks & Recreation Department

Laurie Stahl, Director

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## Parks Department

806 Holbek Drive

Antioch, IL 60002

Office Hours: 9:00 a.m. - 5:00 p.m. Monday - Friday

Phone: (847) 395-2160 Fax: (847) 838-4328

Camp Crayon/Summer Day Camp Phone: (847) 838-4330

Scout House Phone: (847) 395-2191

Village Hall Building

874 Main Street

Antioch, IL 60002

Phone: (847) 395-1000

Fax: (847) 395-1920

## Village Board

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Antioch Village Website: <http://www.antioch.il.gov> E-Mail address: [Parks@antioch.il.gov](mailto:Parks@antioch.il.gov)

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### Antioch Parks & Recreations Mission Statement

To enhance the quality of life by providing parks, open space and recreational opportunities for the Antioch Village residents, while preserving and enhancing the natural benefits of the environment.

**Photos on front cover provided by Parks Department Files:** **Celebrate:** Camp Crayon 2005 Halloween Party; **Volunteer:** Joe Utter, Eagle Scout Project 2006 – Restoration of Totem Pole at Saw Mill Park; **Play:** 5 Star Sports Soccer Camp 2006; **Dance:** Daddy Daughter Date Night 2004.

# GENERAL PARK RULES

***Listed below is a summary of General Park Rules. For a complete listing of Village of Antioch's Park Rules Ordinance, see Chapter 4 of Title 8 of the Antioch Municipal Code.***

1. Parks are open from dawn to dusk unless special arrangements are made with the Parks Director. **USE AT OWN RISK.**
2. Park Watch Program is in effect.
3. Children age 10 and under must be accompanied by an adult.
4. Some equipment is not suitable for use by younger children - parental discretion is advised.
5. Please keep all pets on leashes and clean up after your own.
6. Please report any unsafe equipment or vandalism to the Parks Department.
7. **No Smoking** in any park building, shelter, playground area, and only in designated smoking areas on grounds.
8. **The following is prohibited in all Parks:** Climbing on top of roof(s), trees, buildings or equipment, Throwing objects (sand, woodchips, rocks, etc.), Jumping from or off of equipment, Fires, Alcoholic beverages, Snowmobiles, dirt bikes, scooters, AT vehicles.
9. It is strictly forbidden to roller skate, roller blade, skateboard or ride a bicycle or scooter on any tennis court, basketball court, pavilion area, bench, picnic table or other park equipment. Skate boards, bikes and roller blades may be used in the Skate Park in strict accordance with posted rules for the use of such equipment.

**HOW TO REGISTER FOR A PROGRAM:** Registering for a program requires payment in full for the class and a completed registration form and signed waiver. Registration forms are required for each program you wish to enter. You may register for a program at the Parks Office, 806 Holbek Drive. Registration for all programs will be closed when a class becomes full or one week before the program begins. **All checks should be made payable to The Village of Antioch.** All registration is taken on a first come first serve basis. For specific programs the Parks Department may hold a special registration date for Village residents and/or Antioch Township residents before opening registration to non-residents. You will be notified if for any reason the program is changed or canceled in any way. Late registration, for classes already in progress, will be accepted if openings exist **with no reduction in fees.** Programs with insufficient enrollment may be canceled, so register early!

**SNOW POLICY:** If District 34 cancels classes, Park Department programs may also be canceled. You will be notified as early as possible of cancellations.

**INSURANCE:** The Antioch Parks and Recreation Department is not responsible for medical, hospital or accident claims by any individual or group participating in a park program.

**REFUND POLICY: NO REFUNDS WILL BE GRANTED** unless a program is canceled or changed by the Parks & Recreation Department. People who are unsure about signing up for a class may contact the Parks & Recreation Director and arrange a time to view a class before registering for the class the next session if possible. This action in no way guarantees a space to said person, and **MUST** be arranged with the Director. In special circumstances, a credit may be offered.

**FEE SCHEDULE:** Throughout this booklet, you will see two levels of fees. They are as follows: Antioch Residents/Non-Residents. Proof of residency may be required for registration in Parks Department programs. Any person unsure of their status with regards to residency may check with the Parks Office. For clarification, an "Antioch Resident" is defined as a person living within the borders of the Village of Antioch or Township and must have a 60002 zip code. A non-resident will be anyone who does not have a 60002 zip code. A Village Resident will have a 3 - 4 digit address while Township Residents will have a 5 digit address. The Village of Antioch reserves the right to hold priority registration dates for Village residents and/or Antioch residents.

**Remember our Park Watch Program is in effect. Help keep your parks safe and clean by reporting any vandalism, damaged equipment or unsafe behavior at our parks to our parks dept. at 847-395-2160 or the non-emergency police number at 847-395-8585.**

**FOR INFO ON THE FOLLOWING ORGANIZATIONS, PLEASE CALL THE NUMBERS LISTED**  
**THESE ORGANIZATIONS ARE NOT PART OF THE PARKS DEPARTMENT**

**Antioch Viking Football**- President, John Nebel  
**Antioch Viking Cheerleading** – Kathleen Frayer  
**Antioch Youth Little League** - President, George Seyter  
Additional Contact Phone: 847- 395-5855

Voice Mail: 847-604-4070  
Phone: 847-245-3006  
Voice Mail: 847-838-5657  
[WWW.AYLL.COM](http://WWW.AYLL.COM)  
Phone: 847-395-9287  
Phone: 847-356-1232

**Youth Iceless Hockey** - Boys President: Dick Kessler  
- Girls President: Dave Mede

For children in 1st - 8th grade. Boys play Jan. - Mar. (Regis. in Oct.) Girls play Sept. - Dec. (Regis. May)

**AYSO (American Youth Soccer Organization)**

E-mail: [AntiochAYSO@AOL.com](mailto:AntiochAYSO@AOL.com)

Phone: 847-337-7615

**Soccer Leagues** Lindenhurst Park District

Phone: 847-356-6011

**Boy Scouts of America**- Tom Dvorak

Phone: 847-395-0722

Additional Contact: Dorothy Collings

Phone: 847-838-1654

**Girl Scouts**- Linda Schmidt

Phone: 847-395-1551

**Lakes Region Historical Society**- President, Wendy Maston

Phone: 847-395-7337

**Antioch Waves Swim Team**- Paul Howard, Co-President

Phone: 847-395-0139

**Jazzercise** – Anna Soria, website: [www.jazzercise.com](http://www.jazzercise.com)

Phone: 847-838-3154

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**Village of Antioch's Senior Center**- Director, Paul Howard Phone: 847-395-0139

The Antioch Senior Center is a multi-purpose drop in center, open Monday - Friday from 8:30 a.m. until 4:00 p.m. It is located at 817 Holbek Dr. (behind the Fire & Rescue Squad building on Orchard St.) Anyone age 60 and over is welcome to attend. MEALS: A nutritious and balanced hot lunch is served at the center Monday and Friday at 11:45 a.m. Seniors are asked to sign up at least two days in advance. The cost of the meal is \$3.00. Soup or sandwich is offered at noon on Wednesdays and Thursdays for a nominal fee. The nutrition program is run primarily by senior volunteers who work in the kitchen, serve meals, and help with registration and clean-up. The menu is posted at the center. In addition to the noon congregate meals program, a Meals on Wheels program operates out of Antioch. Eligible recipients living in Antioch receive a nutritious and balanced hot meal. The meals are delivered by volunteers (at noon), 5 days a week. For more information regarding the Meals on Wheels program call 546-5733. MEMBERSHIP: Membership to the Antioch Senior Center is \$5.00 per year. TRANSPORTATION: Both the PACE Bus and Antioch Veteran's Cab are door to door services. The cost of the bus is \$1.80 for a round trip within the Township boundaries. The cost of the Cab is half of the fare with the PACE card. You may obtain a PACE ID card at the Village Hall or Township Office. You must call 24 hours in advance for the PACE Bus at 1-800-224-7223. You may reach the Antioch Veteran's Cab by calling 395-0481. ACTIVITIES: Bingo, Line Dancing classes for Beginners and Intermediates, Sing-a-long, Choral Group, Rubber Bridge, Duplicate Bridge, Bridge lessons, 3 and 4 handed Pinochle Tournaments, Pinochle lessons, Cribbage, Crafts, 6 Themed parties per year, Monthly Dance Parties, Beginner Computer lessons, Chess Club, AARP Meetings, Movies shown on our big screen TV/LCD, Trips, Flu Shots in November, Toe Nail Clinic each month, Lake Forest Hospital Health Van screenings each month and many more events throughout the year. For specific days and times for the above listed activities, please call the Senior Center.

## **ANTIOCH'S FESTIVAL OF ARTS**

**Lakes Area Community Band**, Joy Walsh

Phone: 815-675-0191

The Lakes Area Community Band is a volunteer concert band with the goal of providing fun and educational music making opportunities for people of all ages and musical abilities. Membership is open to adults or high school students. Junior high students actively taking private music instruction are also welcome to participate. No audition required. The band prepares around six seasonal concerts per year including: May 9<sup>th</sup> - Concert at ACHS, June 24<sup>th</sup> – Concert Series Opening Night, the very popular 4<sup>th</sup> of July concert at Williams park. Rehearsals are held every Monday from 7:00 - 9:15 p.m. at the ACHS band room. The band is under the direction of Steve Porch. Come join the fun!

# Village of Antioch's Special Events and Programs

## 8<sup>th</sup> ANNUAL MOTHER & SON COSMIC BOWLING DATE NIGHT

This year's 8<sup>th</sup> Annual Mother & Son Date Night will be Sunday, September 17<sup>th</sup> from 4:00 p.m. to 6:00 p.m. at the Antioch Bowling Lanes. Cosmic Bowling, hot dog, chips, pop and a memorable photo will be included along with the bowling and shoe rental. Bumper bowling will be available for younger children. Antioch Residents: \$20.00 per couple and Non-Residents: \$30.00 per couple (\$10.00 for each additional son). Antioch residents may register for this popular event at the Parks Office beginning August 1<sup>st</sup>. Non-Residents may register at the Parks Office beginning September 5<sup>th</sup> if still available. There is limited space so register early! Call the Parks & Recreation Office at 847-395-2160 for more information. **DEADLINE FOR REGISTRATION IS 9/15/06 or until sold out. TICKETS WILL NOT BE SOLD AT THE DOOR!**

## OCTOBERFEST 2006

The Village of Antioch will be hosting our 3<sup>rd</sup> annual **OCTOBERFEST**. It will be held on Sunday, October 8, 2006 from noon until 7:00 p.m. all throughout downtown and on Skidmore Dr. in front of the William E. Brook Memorial Entertainment Center. We will have food, beer, snacks, live bands, games, dancing, contests as well as other fun events. Antioch's non-profit organizations provide the delicious food and beverages. During the day we will have food tents on Skidmore Dr. and street sales, crafters and snack type foods being sold throughout our downtown. Some of our events will include Dachshund (wiener dog) races, beer barrel stein contest and a yodeling contest. Lots of food, entertainment, and fun are planned once again! Mark your calendars and plan on attending this great event!

## HALLOWEEN HOWL

**Friday, October 19<sup>th</sup> 4:30 p.m. – 9:30 p.m.**

**Saturday, October 20<sup>th</sup> Noon - 8:00 p.m.**

Bring the family out for two days of Halloween Fun in Downtown Antioch! Visit our haunted walkways, play children's games, win candy and prizes, walk and ride on our haunted trails, and much, much more. Saturday evening ends with a costume contest and entertainment at the William E. Brook Entertainment Center on Skidmore Drive. We are looking for volunteers to run simple games and supervise children in different area and we are also looking for adult monsters. If you can help us for two hours or more, please call Cindy Voelz at 847-395-6342. Without the generous support of our volunteers, we would not be able to undertake such a huge event!

## Daddy Daughter Date Night

Dad, its time once again to spend a special night with "Daddy's Little Girl(s)." This evening of dancing is for fathers and daughters of all ages. (Substitute daddies are always welcome!) This year's event will take place at Antioch Upper Grade School on Saturday, February 3, 2007 from 7:00 - 9:00 p.m. ***Because of the popularity of this event, we will only sell tickets to Antioch residents this year (60002 zip code).*** Cost is \$15.00 per couple and \$7.00 for each additional daughter. Ticket price includes dancing, ice cream sundaes, beverages, a memorable photo, and a corsage for the girls. **Tickets will go on sale for Antioch residents beginning December 11<sup>th</sup>** and tickets will be sold through Friday, February 2<sup>nd</sup> or until they are sold out. Our limit is 700 participants and tickets go fast so get your tickets early! **THERE WILL BE NO TICKETS AVAILABLE AT THE DOOR!**

# **Antioch's Winter Holiday Festivities**

## **Annual Holiday Parade**

Welcome Santa and the Christmas season to town at the old-fashioned Holiday Parade on Friday, November 24<sup>th</sup> at 6:30 p.m. The Parade is sponsored by the Village of Antioch Parks & Recreation Department. It will run down Main Street from Lake Street to Orchard Avenue, and will conclude with the official lighting of the Antioch Family Christmas Tree outside the Village Hall. Homemade cookies, hot chocolate and old-fashioned caroling will take place at Village Hall during the Tree Lighting Ceremony. Don't miss this special event that will warm your heart and set the tone for an outstanding Antioch Christmas. Santa will make a special appearance and will then be available for visiting immediately after the Tree Lighting Ceremony at his castle on Toft Street. If you are interested in an entry in the parade, please call the Parks Office at 847-395-2160.

## **Santa's Enchanted Castle**

We have had confirmation from the North Pole that Santa will once again visit Antioch for the annual Holiday Parade on November 24<sup>th</sup> at 6:30 p.m. From there, he will open his Enchanted Castle immediately following the Parade and Tree Lighting Ceremony. Santa's Enchanted Castle will be located in the municipal lot off of Toft Street under the big water tower. Santa will hear wishes from November 24<sup>th</sup> through December 23<sup>rd</sup>. His hours will be from 5:30 - 8:00 p.m. on weekdays and from 1:00 p.m. to 4:00 p.m. on weekends. Questions regarding Santa's Enchanted Castle, or to find out how you can help Santa, please call the Antioch Chamber of Commerce & Industry at 847-395-2233.

## **Letters to Santa**

Santa also has a mail box right here in Antioch! He loves to receive letters from all the wonderful children of the Antioch Community. Make sure to include your return address so Santa can send his reply. You can simply drop your letter in the mailbox which is located right outside his Enchanted Castle or you can send your letters to:

**Santa's Enchanted Castle  
c/o Antioch Parks Dept.  
806 Holbek Dr.  
Antioch, IL 60002**



## **The Antioch Family Christmas Tree**

Following the Holiday Parade, we will be lighting the Antioch Family Christmas Tree. You can share in this special event by making an ornament to hang on the tree. Your ornament should be weatherproof and should have your family's name on it. Also be sure that you include some type of hanger on it so that the ornament will stay on the tree all season. Ornaments can be dropped off at the Department of Special Events up until November 24<sup>th</sup>. Please call 847-395-6342 if you have any questions.

## **Volunteers Needed!**

Throughout the year the Department of Community Services and the Parks Dept. need volunteers to work on special projects such as the 4<sup>th</sup> of July, Halloween Howl, Christmas Parade and the Tree Lighting Ceremony, Daddy Daughter Dance, Easter Hunt and other exciting events. If you would like to help, call the Parks Dept. at 847-395-2160 or the Community Services Dept. at 847-395-6342.

## **CAMP CRAYON PRE-SCHOOL**

**Camp Crayon Director: Debbie Foerster Phone: 847-838-4330**

**Lead Instructor – 3 yr. olds: Karen Meyer      Lead Instructor – 4 yr. olds: Carol Richter**

Camp Crayon is a social pre-school program for 3 - 5 year olds (child must be toilet trained by September 1<sup>st</sup> to participate in the program.) Classes will begin the week of September 11<sup>th</sup> and run through mid May. Our 3 Year Old classes are held at the Scout House (770 Cunningham Dr.). The 4 year old classes are held at the Parks Building (806 Holbek Dr.). Classes and fees are listed below. There are 20 children per class with 4 instructors for the 3 year old classes and 20 children per class with 3 instructors for the 4 year old classes. \*Payment sessions are every 6 weeks. Call the Parks Office for a detailed brochure and class availability at 847-395-2160.

<u><b>Class</b></u>	<u><b>Days</b></u>	<u><b>Time</b></u>	<u><b>Fee*</b></u>	<u><b>Location</b></u>	<u><b>Class Code</b></u>
3 Year Old Class	M & W	9 - 11:00 a.m.	\$85/105	Scout House	CC3M
3 Year Old Class	T & Th	9 - 11:00 a.m.	\$85/105	Scout House	CC3T
4 Year Old Class	T & Th	9 - 11:30 a.m.	\$100/120	Parks Bldg.	CC4T
BK Camper Class	M/W/F	9 - 11:30 a.m.	\$150/170	Parks Bldg.	CCBKA
BK Camper Class	M/W/F	12:30 – 3:00 p.m.	\$150/170	Parks Bldg.	CCBKP

### **REGISTRATION for the 2007/2008 school year will be:**

VILLAGE OF ANTIOCH RESIDENTS: Saturday, March 10, 2007 from 9:00 - 11:00 a.m.

Antioch Township Residents: Saturday, March 10, 2007 from 11:00 a.m. - noon

Village residents will have a 3 or 4 digit address and live inside the Village limits. Please bring proof of residency with you and your child's birth certificate. Registration will be at: Parks Office, 806 Holbek Dr. in the Camp Crayon Classroom. A \$50 deposit is due at registration. (Children in prior year's Camp Crayon class will have priority registration before these dates.) Non-residents can register on Monday, March 20<sup>th</sup> if there are still spaces available.

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## **TIME FOR ME "TWO"**

**Instructor: Karen Meyer**

Time For Me "Two" Parent/Tot Program is for 2 and 3 year olds. Child must be 2 by September 1<sup>st</sup> 2006. This class is a unique experience between a parent/guardian and child. Classes are an hour and a half, once a week on Fridays. In class your child will learn to play with children their own age while experiencing a semi-structured class schedule which will prepare them for future pre-school classes. Children will experience many age appropriate activities in social playtime, music, art projects, show and tell and story time. Classes are filled on a first come first serve basis. Parents will sign up for snack day in class. Class will begin on Friday, September 15<sup>th</sup> and run through May 4<sup>th</sup>, 2007. You will be informed of the start of each new session and payment is due in full the FIRST Day or sooner. Your child is automatically enrolled into the next session, unless you inform us otherwise. If you fail to make payment on or before the first day of each new session, your child's slot in the program may be given to someone on our waiting list. Payment Sessions are every 7 weeks. Classes are held at the Scout House at 770 Cunningham Dr.

Day/Time: Fridays 9:00 – 10:30 a.m.

Fees: \$55/65

Class Code: TFMT

Ages: 2 & 3 year olds and parent/guardian

Min/Max: 6/10

# FALL & WINTER PROGRAMS

Fees are as follows: Residents (60002 zip code) / Non-Residents

## DANCE

### AMERICAN STARS

#### OF DANCE

American Stars of Dance is offering dance and tumbling classes through Antioch Parks and Recreation. Each student in our program learns to dance, develop positive self-esteem and has fun as well. If these classes do not fit your schedule, or if there is a class you are looking for and do not see it listed, please call our studio office at 847-838-1234 or visit our web site at

[www.americanstarsofdance.com](http://www.americanstarsofdance.com)

#### **Tumbling**

This fun class will introduce children to the basics of tumbling, as well as build strength, flexibility and balance. Comfortable clothing, ballet/tumbling shoes or bare feet are required.

**Location: American Stars of Dance, 133 Cedar Ave. Lake Villa**

Ages: 6 – 10 years old  
Days: Mondays – 6 wk. session  
Time: 4:00 – 5:00 p.m.  
Ses. 1: 9/11 – 10/16 **ASTS1**  
Ses. 2: 10/23 – 12/04 **ASTS2**  
**No Class 11/20**  
Ses. 3: 1/8 – 2/12 **ASTS3**  
Ses. 4: 2/26 – 4/9 **ASTS4**  
**No Class 3/26**  
Ses. 5: 4/16 – 5/21 **ASTS5**  
Min/Max: 4/8  
Fee: \$65/70

#### **Parent & Tot**

This 45 minute class includes play acting with props, parachute games, obstacle courses, creative movement, stretching, some tumbling and basic dance steps. This class offers your child a structured play experience away from home with other children of the same age. Parents should plan to participate with their child. Comfortable clothing and gym shoes are required.

**Location: American Stars of Dance, 237 Depot St., Antioch**

Ages: 18 -36 months  
Day: Friday - 6 wk. sessions  
Time: 9:00 – 9:45 a.m.  
Ses. 1: 9/15 – 10/20 **ASPT1**  
Ses. 2: 10/27 – 12/8 **ASPT2**  
**No Class 11/24**  
Ses. 3: 1/12 – 2/16 **ASPT3**  
Ses. 4: 2/23 – 4/6 **ASPT4**  
**No Class 3/30**  
Ses. 5: 4/13 – 5/18 **ASPT5**  
Min/Max: 4/8  
Fee: \$50/55

#### **Tap, Ballet, Tumbling**

Warm-ups and instructional steps are combined with children's songs and props to help provide fundamental skills. Children are introduced to basic tap and ballet technique. This is a structured dance experience to establish or continue a "solid" base of dance knowledge. Tap and ballet shoes are required as well as proper dance attire.

**Location: American Stars of Dance, 133 Cedar Ave. Lake Villa**

Ages: 3 – 5 years old  
Day: Mondays 6 wk. sessions  
Time: 5:00 – 6:00 p.m.  
Ses. 1: 9/11 – 10/16 **ASTBTS1**  
Ses. 2: 10/23 – 12/4 **ASTBTS2**  
**No Class 11/20**  
Ses. 3: 1/08 - 2/12 **ASTBTS3**  
Ses. 4: 2/26 – 4/9 **ASTBTS4**  
**No Class 3/26**  
Ses. 5: 4/16 – 5/21 **ASTBTS5**

Ages: 6 – 10 years old  
Day: Mondays 6 wk. sessions  
Time: 6:00 – 7:00 p.m.  
Ses. 1: 9/11 – 10/16 **ASTBS1**  
Ses. 2: 10/23 – 12/04 **ASTBS2**  
**No Class 11/20**  
Ses. 3: 1/08 - 2/12 **ASTBS3**  
Ses. 4: 2/26 – 4/9 **ASTBS4**  
**No Class 3/26**  
Ses. 5: 4/16 – 5/21 **ASTBS5**  
Min/Max: 4/8  
Fee: \$65/70

#### **Ballroom Dancing**

We can help you and your partner look good at any event! Come join us in learning the basics in Ballroom, Salsa, Latin and Swing dancing. Comfortable clothing and shoes are recommended.

**Location: American Stars of Dance, 133 Cedar Ave., Lake Villa**

Ages: Adult/Young Adult  
Day: Tuesday 6 wk. sessions  
Time: 7 – 8:00 p.m. Beginner  
Time: 8 – 9:00 p.m. Intermed.  
Ses. 1: 9/12 – 10/17 **ASBRS1**  
Ses. 2: 10/24 – 12/5 **ASBRS2**  
**No Class 11/21**  
Ses. 3: 1/9 – 2/13 **ASBRS3**  
Ses. 4: 2/27 – 4/10 **ASBRS4**  
**No Class 3/27**  
Ses. 5: 4/17 – 5/22  
Min/Max: 3/6 couples  
Fee: \$90/95

#### DANCE ACADEMY

The Dance Academy of Antioch is offering Dance classes for all ages through Antioch Parks & Recreation this fall and winter. Our instructors teach the technical aspects of dance while having fun. The dancers will develop their skills and increase their self-esteem. The following classes are held at The Dance Academy of Antioch which is located at 77 McMillan Rd (next to Nice Ice). If these classes do not fit your schedule, please call the Dance Academy at 847-395-0022 for more information.

#### **Parent & Tot Class**

This is a ½ hour class which is designed to get even the youngest of dancers having fun and learning to follow music. This class is for those dancers that need mom in the room to help, as well as those that are ready to stay and participate without a parent. The goal in this class is to have fun, learn to listen and follow direction, follow along with music and get ready for the next level. Comfortable clothes and tennis shoes are all that is needed.

Ages: 16 mos. - 3 yrs.  
 Day: Mondays 6 wk. sessions  
 Time: 9:30 – 10:00 a.m.  
 Ses. 1: 9/11 – 10/16 **DAPTS1**  
 Ses. 2: 10/23 – 11/27 **DAPTS2**  
 Ses. 3: 1/8 – 2/12 **DAPTS3**  
 Ses. 4: 2/19 – 3/26 **DAPTS4**  
 Min/Max: 4/10  
 Fee: \$49/54

### Preschool Tap & Ballet

A fun class for girls and boys!! This is a beginning level class that is designed to develop appropriate skills for the particular age group. Children will learn technique in Ballet and Tap. Classes will consist of a warm-up, progressions across the floor, and fun and exciting routines. Tap and Ballet shoes are recommended for this class, but not mandatory. You may find shoes; (black taps, pink ballets) at Payless, Wal-mart or order them through the studio.

Ages: 3 - 5 yrs.  
 Day: Monday 6 wk. sessions  
 Time: 10:00 – 10:45 a.m.  
 Ses. 1: 9/11 – 10/16 **DAPTB1**  
 Ses. 2: 10/23 – 11/27 **DAPTB2**  
 Ses. 3: 1/8 – 2/12 **DAPTB3**  
 Ses. 4: 2/19 – 3/26 **DAPTB4**  
 Min/Max: 4/10  
 Fee: \$54/59

### Hip-Hop Class

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers. Hip Hop encompasses movement that has elements of poppin', locking and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style. Hip Hop is urban, it's street, it's diverse and forever changing. No street shoes in class.

#### Beginner Class - Ages 6 - 10

Day: Fridays 4 week sessions  
 Time: 4:15 – 5:00 p.m.  
 Ses. 1: 9/8 – 9/29 **DAHHB1**  
 Ses. 2: 10/6 – 10/27 **DAHHB2**  
 Fee: \$42/47

#### Intermed. Class – Ages 10 - 16

Time: Friday 5:00 – 6:00 p.m.  
 Ses. 1: 9/8 – 9/29 **DAHHI1**  
 Ses. 2: 10/6 – 10/27 **DAHHI2**  
 Fee: \$47/52  
 Min/Max: 5/15

### Tap Class

Tap is a style of percussive dance. This means dancers wear special shoes with metal taps that make sounds when they touch the floor. The dancers create rhythms with their feet as if they are drumming on the floor.

#### Intermed. Class – Ages 10 - 16

Day: Fridays 4 week sessions  
 Time: 6:00 – 7:00 p.m.  
 Ses. 1: 9/8 – 9/29 **DATCI1**  
 Ses. 2: 10/6 – 10/27 **DATCI2**  
 Fee: \$47/52  
 Min/Max: 5/15

### Beginning Hip Hop & Funk

A stylized combination of street, funk, hip hop and pop similar to styles seen in music videos. No street shoes.

Ages: 6 – 9 yrs.  
 Day: Fridays 4 week sessions  
 Time: 6:15 – 7:00 p.m.  
 Ses. 1: 9/8 – 9/29 **DAHBF1**  
 Ses. 2: 10/6 – 10/27 **DAHBF2**  
 Fee: \$42/47  
 Min/Max: 5/15

### Ballroom Dancing

Join Miss Kim for lessons in Rumba, Waltz, Cha-Cha and Swing. Steps are broken down separately for the men and ladies. Comfortable clothes and shoes recommended.

Age: Young Adult/Adult  
 Time: Sundays 2 - 3:00 p.m.  
 Ses. 1: 10/15 – 11/19 **DABRD1**  
 Ses. 2: 1/7 – 2/11 **DABRD2**  
 Min/Max: 2/8 couples  
 Fee: \$87/92

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## BABYSITTING

### Sitter's Survival

### Babysitting Clinic

A Collaborative venture between the Antioch Parks & Recreation Dept., Antioch Fire Dept., Antioch Rescue Squad, Antioch Police Dept., Antioch Jr. Womans Club. This is a 4 week class with 2 sessions offered. Instruction on safety and emergency situations will be given by experts from the Antioch Fire Dept., Police Dept. and Rescue Squad. The final class will have hands on instruction and activities with real babies. Children must attend all 4 classes to receive a certificate at the end of the session. **Location: Parks Building classroom.**

Ages: 10 – 15 yrs.  
 Time: 7:00 – 8:30 p.m. (2<sup>nd</sup> class will go until 9:00 p.m.)  
 Ses. 1: Thurs. 10/5 – 10/26 **SSBC1**  
 Ses. 2: Mon. 1/15 – 2/5 **SSBC2**  
 Min/Max: 10/20  
 Fee: \$10/15

## BEST DEFENSE

### SAFETY SKILLS & SELF-

### DEFENSE FOR KIDS

What Every Child Should Know! Stranger-danger, bullies, the Internet. Is your child ready to handle scary situations with confidence? Recognizing, avoiding and escaping from dangerous people and situations, with 25+ discussion topics and 25 simple, practical, self-defense maneuvers taught in a fun, non-threatening way by a certified instructor. Illustrated Home Learning Guide, certificate and wallet sized Safety Card included. Parents welcome to observe free. More info at [www.BestDefenseIllinois.com](http://www.BestDefenseIllinois.com) Wear casual clothing and clean, tied gym shoes. All materials included.

**Location: Parks Bldg. Gym**  
 Age: 6 and up  
 Time: Wednesday 4:45 – 6 p.m.  
 Ses. 1: 2/28 – 3/14 **BD01**  
 Min/Max: 8/25  
 Fee: \$50/55



## **HORSE RIDING** **LESSONS**

### **at Windance Acres**

We offer 2 styles of riding, at Windance Acres, English or Western, (you must specify). Classes start at the beginner level. Each child may advance to his/her own level. Proper attire is a MUST! Long pants, shoes/boots with a heel and a riding helmet are required. (Riding helmets will be supplied if you do not own one.) Don't worry about the weather, they have an indoor and outdoor arena. If you have any questions about lessons please call 847-265-2329.

**Location: Windance Acres, 803 Cedar Lake Road, Lake Villa, IL.**

Age: 6 and up  
Day: Wed. Time: 4 - 5:00 p.m.  
Ses. 1: 9/27 - 10/18 **WDA1**  
Ses. 2: 10/25 - 11/15 **WDA2**  
Ses. 3: 11/22 - 12/13 **WDA3**  
Ses. 4: 12/20 - 1/10 **WDA4**  
Ses. 5: 1/17 - 2/7 **WDA5**  
Ses. 6: 2/14 - 3/7 **WDA6**  
Ses. 7: 3/14 - 4/4 **WDA7**  
Min/Max: 1/3  
Fee: \$130/135

## **DOG AGILITY**

### **CANDY'S CANINES INC.**

Would your dog enjoy the fun sport of Agility? Instructor, Cheryl Carter of "Candy's Canines" and the Antioch Parks and Recreation Dept. are offering "Try-It" classes where you can see if agility is the right sport for you and your dog. The class is part lecture, part performance. We'll discuss the benefits/risks of agility, the costs involved with training and competing, how long it takes to train a dog for agility, what you can do to practice at home and more. We'll also introduce your dog to some of the obstacles to see if he likes it! There are no prerequisites for this class. Dogs must be on leashes, buckle collars, bring proof of vaccinations, comfortable shoes and training treats.

**Location: Candie's Canines 836 Anita Ave., Antioch, IL**  
Time: 2:00 p.m. (1-2 hour class)  
Ses. 1: Saturday, 9/16 **CCI1**  
Ses. 2: Saturday, 10/21 **CCI2**  
Fee: \$18/20 per dog  
Min/Max: 3/10 dogs

## **Good Puppy Kindergarten**

Covers basic obedience, household manners and other puppy problems. Also introduces puppies to Dog Agility during the socialization portion of the class. There are no prerequisites for this class. Dogs must be on leashes, buckle collars, bring proof of vaccinations, comfortable shoes and training treats.

Time: 6:30 - 7:30 p.m. **CCGP**  
Dates: 8 wks. Tues. 9/5 - 10/24  
Min/Max: 3/10 dogs  
Fee: \$95/100

## **Canine Good Citizenship** **(CGC Testing)**

This 4 week class will prepare you and your dog for the CGC Test during the last class.

Time: 6:30 - 7:30 p.m. **CGC1**  
Dates: 4 wks. Tuesdays 10/3-10/24  
Min/Max: 3/10 dogs  
Fee: \$45/50

## **MUSIC**

### **Imagination**

### **Improvisation**

**A journey of musical expression for early childhood**

These developmentally appropriate classes actively involve children in making music through playful exploration using rhymes, folk songs, movement, body percussion and instruments. All children can participate at their own level as activities are specifically tailored to match the abilities and interests of the members of the class. The instructor Rebecca Gundlach, an Orff-Schulwerk specialist, has taught children of all ages for sixteen years and brings a wide variety of experiences to the classroom. **Location: Trinity United Methodist Church (corner of Beck Rd. and Valley Dr. in Lindenhurst.**

### **Infant Class**

For birth to 18 months old with parent. Lap babies, crawlers and walkers participate at their own level as they explore musical sounds and textures. Activities will focus on the infant-parent relationship.

## **Sessions are 11 weeks.**

Ses. 1: 9/9 - 11/18 **IIN1**  
Time: Saturdays, 9:00 - 9:45 a.m.  
Min/Max: 1/5  
Fee: \$120/125

### **Toddler Class**

Toddlers ages 18 months to 3 1/2 years, explore their world through all manner of movement. This class will use music to aid in discovery and development of large motor skills, to reinforce developing language abilities, and to encourage social interaction with other children.

Ses. 1: 9/9 - 11/18 **IITD1**  
Time: Saturdays, 10 - 10:30 a.m.  
Min/Max: 1/5  
Fee: \$120/125

### **Preschool Class**

This class is for 3 1/2 - 5 year olds. Emerging independence and confidence create opportunities that prepare for future formal music training. Parents will be welcomed at the end of each session to see (and hear) what we have accomplished.

Ses. 1: 9/9 - 11/18 **IIPS1**  
Time: Sat., 10:45 - 11:30 a.m.  
Min/Max: 1/5  
Fee: \$120/125

## **NEW!**

## **MAGIC**

Magic Class with Gary Kantor. Children are guaranteed to have a great time as they learn a collection of fascinating and mesmerizing tricks! Amaze family and friends with tricks that involve cards, ropes, coins, mind-reading, and more. While the tricks may appear difficult, you'll discover that they are quick to learn and easy to perform. All materials are provided, and each child receives a magic kit to take home. Children are grouped by age and always learn tricks that are age appropriate. Additionally, you can sign up for this class again and again since brand new tricks are always taught at each session!

**Location: Parks Bldg. Classroom**  
Ages: 5 - 12 yrs.  
Date: Thursday 11/9 **GKM1**  
Time: 4:00 - 4:55 p.m.  
Date: Thursday 2/8 **GKM2**  
Time: 5:15 - 6:10 p.m.  
Fee: \$18/23

# SPORTS



## 5 STAR SPORTS

5 Star Sports is a company that was founded by five coaches who have a true love for kids and sports. They believe that athletics can be a great building block for all children. Their main goal is to give the children the skills they need to exceed in sports while giving them the confidence to exceed in everything else. These classes support team play and friendship rather than just trying to win. They combine learning and entertainment for a mix that has proven to make these classes both fun and educational. Most sessions are 6 weeks.

### FAMILY OLYMPICS

Our family Olympics class is designed to help toddlers discover the wonderful world of sports. Running, jumping, throwing, catching, shooting and kicking are all activities that will help your child develop their motor skills. They will learn to listen, follow directions, share and get along with other kids. The sports covered will be soccer, basketball, baseball, football and floor hockey. All equipment provided. Participants must wear clean gym shoes inside due to our floor mats.

**Location:** Williams Park (rain location – Parks Bldg.)

**Ages:** 2 -3 yrs.

**Day:** Saturday, 6 week session  
**Time:** 11:00 - 11:45 a.m.

**Ses.1:** 9/9 – 10/14 **5SSF01**

**Location:** Parks Building  
**Time:** 11:00 – 11:45 p.m.

**Ses. 2:** 10/21 – 12/2 **5SSF02**

**No Class 11/25**

**Ses. 3:** 1/6 – 2/10 **5SSF03**

**Ses. 4:** 2/17 – 3/24 **5SSF04**

**Min/Max:** 6/20

**Fee:** \$35/40

## MINI OLYMPICS

This exciting class focuses on fun while introducing kids to many different sports. Each week the theme sport will change and games will be played. T-ball, soccer, basketball, football and hockey are the main sports covered. Other sports such as tennis, track & field, bowling and even golf may also be introduced if time allows. Children must wear clean gym shoes due to our indoor mats.

**Location:** Williams Park (rain location – Parks Bldg.)

**Ages:** 3 – 4 yrs.

**Day:** Saturday, 6 week session

**Time:** 11:45 – 12:30 p.m.

**Ses.1:** 9/9 – 10/14 **5SSMO1**

**Location:** Parks Building

**Time:** 11:45 – 12:30 p.m.

**Ses. 2:** 10/21 – 12/2 **5SSMO2**

**No Class 11/25**

**Ses. 3:** 1/6 – 2/10 **5SSMO3**

**Ses. 4:** 2/17 – 3/24 **5SSMO4**

**Min/Max:** 6/20

**Fee:** \$35/40

**Ages:** 4 – 6 yrs.

**Day:** Saturday, 6 week session

**Time:** 12:45 – 1:45 p.m.

**Ses.1:** 9/9 – 10/14 **5SSM61**

**Location:** Parks Building

**Time:** 12:45 – 1:45 p.m.

**Ses. 2:** 10/21 – 12/2 **5SSM62**

**No Class 11/25**

**Ses. 3:** 1/6 – 2/10 **5SSM63**

**Ses. 4:** 2/17 – 3/24 **5SSM64**

**Min/Max:** 6/20

**Fee:** \$41/46

## SOCCER

Every child should experience the world's most popular game in a way that will put the "fun" in fundamental. All the necessary skills will be covered that will enhance their confidence and prepare them for league play. Dribbling, passing, shooting and teamwork will be priorities during every class. We guarantee your child will impress you with their skill and knowledge level after they take our class. Every child should bring a soccer ball, gym shoes and shin guards are optional.

**Location:** Ses. 1 Williams Park

**Location:** Ses. 2 Parks Building

**Ages:** 3 – 4 yrs.

**Day:** Mondays 6 wk .session

**Time:** 5:00 – 5:45 p.m.

**Ses. 1:** 9/11 – 10/16 **5SSS01**

**Ses. 2:** 10/30 – 12/11 **5SSS02**

**No Class 11/20**

**Fee:** \$35/40

**Ages:** 4 – 6 yrs.

**Day:** Mondays 6 wk .session

**Time:** 5:45 – 6:45 p.m.

**Ses. 1:** 9/11 – 10/16 **5SSS61**

**Ses. 2:** 10/30 – 12/11 **5SSS62**

**No Class 11/20**

**Min/Max:** 6/20

**Fee:** \$40/45

## T-BALL

We introduce your children to America's past time in a fun and creative way. While all the basic skills such as fielding, catching, and batting will be covered, your children will never be bored, as we make sure all kids stay moving and involved. Balls and bats are provided so just bring your glove and lets play ball! Children must wear clean gym shoes due to our indoor mats and gym floors.

**Location:** Parks Building

**Ages:** 3 – 4 yrs.

**Days:** Wednesdays 6 weeks

**Time:** 12:15 – 1:15 p.m.

**Dates:** 1/10 – 2/14 **5SSTB3**

**Min/Max:** 6/20

**Fee:** \$35/45

**Location:** Antioch Elementary School, 817 Main St.

**Ages:** 4 – 6 yrs.

**Days:** Wednesdays 6 weeks

**Time:** 6:00 - 7:00 p.m.

**Ses. 1:** 9/13 – 10/18 **5SSTB1**

**Ses. 3:** 1/10 - 2/14 **5SSTB2**

**Ages:** 6 – 8 yrs.

**Time:** 7:00 – 8:00 p.m.

**Ses. 1:** 9/13 – 10/18 **5SSTB6**

**Ses. 3:** 1/10 - 2/14 **5SSTB7**

**Min/Max:** 6/30

**Fee:** \$41/46

## BASKETBALL SKILLS

5 Star Sports loves and plays all sports, but to us nothing can compare to basketball. Our passion for the sport shines through during every class. All the basics such as dribbling, passing and shooting are covered. Every child will enjoy the fun and creative way the game is presented. So from the basketball die hard to the kid who just needs an outlet for all that extra energy, this is the class for you. Children must wear clean gym shoes due to our gym floors.

**Location:** Parks Building  
**Ages:** 3 – 4 yrs.  
**Day:** Wednesdays 6 weeks  
**Time:** 12:15 – 1:00 p.m.  
**Ses. 2:** 11/1 – 12/13 **5SSBB03**  
**No Class 11/22**  
**Fee:** \$35/40

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**Location:** Antioch Elementary School, 817 Main Street  
**Ages:** 4 – 6 yrs.  
**Day:** Wednesdays 6 weeks  
**Time:** 5:00 – 6:00 p.m.  
**Ses. 2:** 11/1 – 12/13 **5SBB02**  
**No Class 11/22**  
**Ses. 4:** 2/21 – 4/4 **5SBB04**  
**No Class 3/28**  
**Ages:** 6 – 8 yrs. (1<sup>st</sup> – 3<sup>rd</sup> grade)  
**Day:** Wednesdays 6 weeks  
**Time:** 6:00 – 7:00 p.m.  
**Ses. 2:** 11/1 – 12/13 **5SSBB2**  
**No Class 11/22**  
**Ses. 4:** 2/21 – 4/4 **5SSBB4**  
**No Class 3/28**  
**Ages:** 9 – 12 yrs. (3<sup>rd</sup> – 5<sup>th</sup> grade)  
**Time:** 7:00 – 8:00 p.m.  
**Ses. 2:** 11/1 – 12/13 **5SSBB5**  
**No Class 11/22**  
**Ses. 4:** 2/21 – 4/4 **5SSBB6**  
**No Class 3/28**  
**Min/Max:** 6/30  
**Fee:** \$41/46

## FLOOR HOCKEY

We at 5 Star Sports believe hockey is too great of a game to only be played by great skaters. We bring all the speed and skill of the game minus the skates. Each week, numerous games will be played that will help improve your child's skill and knowledge level. At the younger level, passing, shooting and stick handling will be the main focus. As the kids grow, so does the knowledge. Positions, penalties, and even some hockey plays will all be covered with the older players. The only equipment needed is a helmet and a high level of enthusiasm. Gloves, kneepads, elbow pads and sticks are all optional. Children must wear clean gym shoes due to our indoor mats and gym floors.

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**Location:** Parks Building  
**Ages:** 3 – 4 yrs.  
**Day:** Wednesday 6 weeks  
**Time:** 12:15 – 1:00 p.m.  
**Ses. 1:** 9/13 – 10/18 **5SFH2**  
**Fee:** \$35/40

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**Location:** Antioch Elementary School, 817 Main Street  
**Ages:** 4 – 6 yrs.  
**Day:** Wednesday 6 weeks  
**Time:** 5:00 – 6:00 p.m.

**Ses. 1:** 9/13 – 10/18 **5SFH3**  
**Min/Max:** 6/30  
**Fee:** \$41/46

## FLAG FOOTBALL

Come and enjoy this wonderful game with us. Your child will learn the rules and regulations of football in a fun and exciting way. Our main goal is to teach your children as much as we can about football while keeping a fun and enthusiastic atmosphere. No equipment is needed.

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**Location:** Williams Park  
**Ages:** 6 – 8 yrs. (1<sup>st</sup> – 3<sup>rd</sup> grade)  
**Day:** Thursdays 6 weeks  
**Time:** 4:00 – 5:00 p.m.  
**Ses. 1:** 9/14 – 10/19 **5SFF1**  
**Ages:** 9 – 12 yrs. (3<sup>rd</sup> – 5<sup>th</sup> grade)  
**Time:** 5:00 – 6:00 p.m.  
**Ses. 1:** 9/14 – 10/19 **5SFF2**  
**Min/Max:** 6/30  
**Fee:** \$41/46

## PILATES/YOGA

### PILATES MAT CLASS PLUS

Pilates mat class taught by certified fitness instructor Jan Fenske, designed to restore muscular balance and to improve overall body strength. During this class you will also learn to improve flexibility and increase core stability. The movements use the abdomen, lower back and buttocks as a power center, enabling the rest of the body to move freely through each fundamental movement. Dress comfortable and bring a towel and a mat. This is a class for Mind, Body & Spirit!

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**Location:** Parks Bldg. Gym  
**Ages:** Adult 16 and up  
**Day/Time:** Wed. 6 – 7:00 p.m.  
**Ses. 1:** 4 wks. 9/6 – 9/27 **PMC1**  
**Ses. 2:** 4 wks. 10/4 – 10/25 **PMC2**  
**Ses. 3:** 4 wks. 11/1 – 11/29 **PMC3**  
**No Class 11/22**  
**Ses. 4:** 3 wks. 12/6 – 12/20 **PMC4**  
**Ses. 5:** 4 wks. 1/10 – 1/31 **PMC5**  
**Ses. 6:** 4 wks. 2/7 – 2/28 **PMC6**  
**Ses. 7:** 3 wks. 3/7 – 3/21 **PMC7**  
**Min/Max:** 5/20  
**Fee:** 3 wks. \$30/35 4 wks. \$40/45

## YOGA/PILATES FUSION

A blend of Pilates mat-based exercises and yoga postures, guaranteed to soothe the mind and relax the body. Bring your own yoga mat. Certified Instructor: Janice Fenske.

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**Location:** Parks Building Gym  
**Ages:** Adult 16 and up  
**Day/Time:** Tues. 9 – 10 a.m.  
**Ses. 1:** 4 wks. 9/5-9/26 **YPF1**  
**Ses. 2:** 4 wks. 10/3 -10/24 **YPF2**  
**Ses. 3:** 3 wks. 11/7-11/28 **YPF3**  
**No Class 11/21**  
**Ses. 4:** 3 wks. 12/5 -12/19 **YPF4**  
**Ses. 5:** 4 wks. 1/9 - 1/30 **YPF5**  
**Ses. 6:** 4 wks. 2/6 - 2/27 **YPF6**  
**Ses. 7:** 3 wks. 3/6 - 3/20 **YPF7**  
**Day/Time:** Thurs. 9 – 10 a.m.  
**Ses. 1:** 4 wks. 9/7-9/28 **YPF8**  
**Ses. 2:** 4 wks. 10/5-10/26 **YPF9**  
**Ses. 3:** 3 wks. 11/2-11/30 **YPF0**  
**No Class 11/23**  
**Ses. 4:** 3 wks. 12/7-12/21 **YPF11**  
**Ses. 5:** 4 wks. 1/4 - 1/25 **YPF01**  
**Ses. 6:** 4 wks. 2/1 - 2/22 **YPF02**  
**Ses. 7:** 4 wks. 3/1 - 3/22 **YPF03**  
**Min/Max:** 5/20  
**Fee:** 3 wks. \$30/35 4 wks. \$40/45

## FITNESS

### MUSCLE WORKS

Instructor Kim Greany is offering a functional Training class combining traditional strength and flexibility, exercises using weights and balls with yoga and pilates for core strength and balance.

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**Location:** Parks Bldg. Gym  
**Ages:** Adult 16 and up  
**Day/Time:** Wed. 8:30 – 9:30 a.m.  
**Ses. 1:** 8 wks. 9/6 – 10/25 **MW01**  
**Ses. 2:** 8 wks. 11/1 – 12/20 **MW02**  
**Min/Max:** 5/20  
**Fee:** \$48/53

### TOTAL BODY WORKOUT

This class alternates cardiovascular workouts with strength training to increase muscle tone, boost metabolism, improve cardiovascular fitness and reduce body fat. All Fitness Levels Welcome! Bring a set of hand weights and a towel.

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**Location:** Parks Bldg. Gym  
**Ages:** Adult 16 and up  
**Day/Time:** Wed. 9:30 – 10:30 a.m.  
**Ses. 1:** 8 wks. 9/6 – 10/25 **TBW1**  
**Ses. 2:** 8 wks. 11/1 – 12/20 **TBW2**  
**Min/Max:** 5/20  
**Fee:** \$48/53

## NEW!

### TANGLEWOOD TENNIS CLUB

We are please to announce our partnership with the Tanglewood Club of Bristol. Antioch Parks & Rec. and Tanglewood have joined together to offer you top quality tennis instruction at an **indoor facility**. Randy Digman, USTA Tennis Instructor, has 27 years of coaching experience with Junior Tennis. He is also the Varsity Tennis Coach at ACHS. Mr. Digman's experience includes coaching Andrea Jaeger while she was the #3 player in the world in Women's USTA Tennis (1981). His certifications include: USPTA-United States Professional Tennis Assoc., WTS-Washington Tennis Services, ASEP – American Sport Education Program, 2002 USPTA World Conference on Tennis, USTA – Scout Advisor. **Location: 20607 75<sup>th</sup> St. (North on Rte. 45, 1/4 mile West on Hwy. 50 in Bristol, WI.**

**\*Session Dates -7 weeks each**  
**Ses. 1: Week of 10/16 – 12/2**  
**No class 11/23**  
**Ses. 2: Week of 12/4 – 2/4**  
**No classes 12/25/06 - 1/7/07**  
**Ses. 3: Week of 2/5 – 3/25**  
**MIN/MAX: on all classes 4/8**

### **BIG BAL TENNIS**

A unique program designed to teach children basic tennis skills and scoring. The program uses specially designed equipment and innovative games to make the sport enjoyable and educational. A wonderful way to introduce children to the lifetime sport of tennis.

#### **\*See Sessions Above**

4–5 yrs. Mon 9:45–10:30 am **TW1**  
5–6 yrs. Mon 4–4:45 p.m. **TW2**  
5–6 yrs. Wed 3:15 – 4 p.m. **TW3**  
5–6 yrs. Wed. 11-11:45 a.m. **TW4**  
5–6 yrs. Fri 3:15 - 4 p.m. **TW5**  
6–7 yrs. Fri 4 – 4:45 p.m. **TW6**  
Fee: \$103/108

### **JUNIOR TENNIS LESSONS**

Lessons are available at a variety of levels. Advanced classes require instructor approval. Evaluations are available for those who would like to enroll in an advanced class.

**Beginner Level:** for players who have no previous tennis experience. Instruction will cover the four essential strokes: forehand, backhand, serve and volley. Tennis rules and etiquette also discussed.

#### **\*See Session Dates**

Ages: 8 – 14 yrs.  
Day/Time: Tues 4- 5:00 p.m. **TW8**  
Day/Time: Thurs. 4- 5:00 p.m. **TW9**  
Day/Time: Sat. 11- noon **TW0**  
Fee: \$103/108

**Adv. Beginner Level:** for players with limited playing experience or players who have taken one session of beginner lessons. Focus will be on further development of the basic strokes.

#### **\* See Session Dates**

Ages: 8 – 14 yrs.  
Day/Time: Tues. 5 - 6 p.m. **TW01**  
Day/Time: Thur. 4 – 5 p.m. **TW02**  
Day/Time: Sat. noon- 1 p.m. **TW03**  
Fee: \$103/108

**Intermediate Level:** for players who have developed adequate skills. This class will provide more advanced development of strokes through drills and supervised play. Singles and doubles strategy also discussed.

#### **\* See Session Dates**

Ages: 8 – 14 yrs.  
Day/Time: W 5:30–6:30p.m. **TW04**  
Fee: \$103/108  
Day/Time: Fri. 5– 6:30 p.m. **TW05**  
Day/Time: Sat. 1– 2:30 p.m. **TW06**  
Fee: \$152/157

**Advanced Level:** for players who have had previous match play experience. Instructor approval required before attending class.

#### **\* See Session Dates**

Ages: 8 – 14 yrs.  
Day/Time: W 6:30–7:30 p.m. **TW07**  
Fee: \$103/108  
Day/Time: Wed. 4-5:30 p.m. **TW08**  
Day/Time: Sat. 2:30- 4 p.m. **TW09**  
Fee: \$152/157

### **ADULT LESSONS**

Ages 14+. Lessons are available at a variety of levels. Whether you are new to the game, haven't played in years, or are an experienced player, we have a class for you.

**Beginner Level:** for players with little or no tennis experience. Instruction will focus on the four basic strokes: forehand, backhand, service and volley.

#### **\*See Session Dates**

Day/Time: Mon 10:30– 11:30 **TWA1**  
Fee: \$113/118  
Day/Time: Wed 9:30–11a.m. **TWA2**  
Fee: \$167/172

**Adv. Beginner Level:** For players who have limited playing experience. Concepts addressed will include stroke mechanics, rallying and shot placement.

#### **\* See Session Dates**

Day/Time: Mon 1-2:30p.m. **TWA3**  
Day/Time: Fri 8:30-10 a.m. **TWA4**  
Day/Time: Sun 2:30-4 p.m. **TWA5**  
Fee: \$167/172

**Intermediate Level:** lessons are for players who have previous lesson experience. Instruction will focus on further developing the students strokes through more advanced drills and supervised play.

#### **\* See Session Dates**

Day/Time: Tue.11-12:30p.m. **TWA6**  
Day/Time: Fri 10-11:30 a.m. **TWA7**  
Day/Time: Sun 4-5:30 p.m. **TWA8**  
Fee: \$167/172

**For information on Membership, Private Lessons or Racquet Stringing services call Randy at 847-668-7001.**

### COURT ACES TENNIS

The Court Aces will again be teaching tennis to the residents of Antioch **outdoors this fall**. They are a well known and respected organization which provides fun and positive reinforcement as they cover all areas of the game. If you have any questions concerning classes, please call Celeste at 847-662-5038. Must have tennis racket, tennis shoes and comfortable clothing.

#### **Location: Centennial Park**

Juniors: 5 weeks on Thursdays  
Time: Beginners 4 – 5:00 p.m.

Ages: 7 – 13 yrs.  
Dates: 9/7 – 10/5 **CATF1**

Time: Adv/Beg/Int 5 – 6:00 p.m.  
Ages: 10 – 15 yrs.

Dates: 9/7 – 10/5 **CATF2**  
Fee: \$60/65

Min/Max: 5/10  
Ages: Adults 15 and up

Time: 6 – 7:30 on 9/7 & 9/14  
Time: 6 – 7:00 on 9/21 & 9/28

Dates: 4 wks. 9/7 – 9/28 **CATF3**  
Fee: \$60/65

Min/Max: 5/10



# ANTIOCH SHOTOKAN KARATE



Sensei Anna Graham

Cost of Karate or Fitness Classes as follow unless otherwise indicated:  
\$40/45 per month for 1X per week; \$50 per month for 2X per week; \$65/70 per month for unlimited classes; \$95/100 per month for unlimited Karate and Fitness classes

Cost: (Antioch/Non-Resident)

\*\*\*\*\*Schedule effective 9-1-06\*\*\*\*\*

**LI'L DRAGONS:** This is a half hour class for 3-5 year olds. Students play karate-oriented games and work on coordination, rhythm, movement and many other motor skills (Sat. 10-10:30 a.m.) Fee: \$25/30 **ASKLLD**

**LI'LTIGERS:** Class focuses on 5-8 year olds. Students learn the fundamentals of karate, focus and concentration and end class with karate-oriented games. Students advance within the same class (Mon. or Wed. 5-6:00 p.m.; Tues. 4:30-5:30 p.m. or Sat. 9-10:00 a.m.) **ASKLLT**

**BEGINNER/INTERMEDIATE 1 & 2/ADVANCED MIXED:** This is a class that parents can take with their children. The beginner/intermediate 1 class is designed as a beginner/continuation for students who have not had or have had previous instruction in the Shotokan style. Minimum age is 8 years old. This is a faster paced class. Exam is scheduled periodically for advancement. The Beginner/Intermediate 1 & 2 class is for white to green belts. Advanced class is for purple belts and up unless the student has instructor approval (Beg/Int. 1 & 2, Tues. or Thurs. 5:30-6:30 p.m.; Advanced, Tues. or Thurs. 6:30 - 7:30 p.m.). **ASKBIA**

**ADULT BEGINNER/INTERMEDIATE/ADVANCED CLASS:** The class is designed specifically for 14 years and up who are beginner, intermediate or advanced levels and prefer a class without small children. Focus is placed on techniques, combinations and kata (Mon. or Wed. 7-8:00 p.m.) **ASKABIA**

**INTERVAL TRAINING:** This class is for the individual who wants to work on toning and cardio within the same class. Weights and bands are used as well as cardio exercises. (Sat., 8-9:00 a.m.) **ASKITC**

**ADVANCED KATA CLASS:** This class is specifically designed for brown and black belts. Focus is on high belt katas. One or two katas per month are covered along with applications for that particular kata. (Sat., 10:30-11:15 a.m.) This class is included under unlimited class fee. **ASKKC**

**TOURNAMENT TRAINING:** This class is specifically designed for the student who will be competing. Focus is on specific katas and kumite drills. Mandatory AAU equipment needs to be purchased along with the AAU patch. Students will be competing in local, regional, national and world competitions. (Sat., 11:15-12:30 p.m.) Fee: \$25/30 Ages 5 and up. **ASKTRN**

**CARDIO-KICKBOXING:** This class focuses on karate & kickboxing techniques while working out to music. It includes 20 minutes of kickboxing combinations at center floor, 15 minutes of bag work, 10 minutes of toning with bands, medicine balls, or x-erballs; 10 minutes of abs and pushups; with a cool-down of about 5 minutes. This class is a full-body workout!!! It will definitely work on your cardio program. Aerobic wear and hand wraps are recommended. Boxing gloves can be purchased as well. Get ready to JAM!! (Tues. or Thur. 9- 10:00 a.m. or 7:30-8:30 p.m.) **ASKCKB**

**LADIES KARATE CLASS:** This class is specifically for ladies only! All levels from white belt and up are included in this class. Karate basics, kata (forms) and sparring will be covered. (Tues. or Fri. 10- 11:00 a.m.) **ASKLKC**

**NIGHT OF THE NINJA:** This is a sleepover at the school. Special "Ninja" training is involved, pizza and pop, bowling, demos and staying up all night, Cardio-kickboxing to start off the morning, then milk and donuts. Saturday, December 9<sup>th</sup> from 7 p.m. to 7:30 a.m. Sunday. Fee: \$25/30 for the night. **ASKNON**

There is an AAU/ASK membership required of all student, \$45 year for adults and \$35 year for youth up to 18, to be paid with registration or by September 15th (whichever comes first) and is good from 9-01 to 8-31 of the following year.

**\*\*NO CLASSES: Sept. 2<sup>nd</sup> – 4<sup>th</sup>, 30<sup>th</sup>; Oct. 31<sup>st</sup>; Nov. 23-25<sup>th</sup>; Dec. 23rd-Jan.2<sup>nd</sup>\*\***

**All Classes held at 750 W. Route 173 (Antioch Bowling Lanes) Antioch, IL**

**Call 847-302-5425 or 847/395-5425 for more information.**

## ARTS & CRAFTS

### BASKET WEAVING

Our instructors are Lisa Herout and Ann Krumpas who have taught basket weaving for the Antioch Fine Arts Foundation as well as other area park districts. All materials included. Please register at least 1 week prior to class so we can be sure to have enough supplies on hand.

Location: Parks Bldg. Classroom  
Ages: 16 and up  
Min/Max: 5/12

### To Market, to Market

Learn the fundamentals of basket-weaving when you weave a traditional market basket that is perfect as a tote or display basket. This basket is woven around a sturdy wooden handle and students may choose from a selection of color and textured materials to customize their baskets. Additionally, students can choose from 2 sizes; 8" wide x 12" long or 10" wide x 16" long.

Date: Wednesday, 10/11 **BSK1**  
Time: 6:30 – 9:30 p.m.  
Fee: 8" - \$30/35 10" - \$39/44  
Min/Max: 5/12

### Snowman Basket

Weave a seasonal basket that is a great gift or decorative item for the holidays. Students will weave a round basket that will be painted and embellished with buttons, scarf and wooden cut-outs to resemble a snowman. There are 2 sizes; the smaller snowman is perfect size to hold a bottle of wine or seasonal greenery and the larger snowman will look right at home by your fireplace or at your door during the winter holidays.

Date: Thursday, 11/9 **BSK2**  
Time: 6:30 – 9:30 p.m.  
Fee: small \$29/34 Lg. \$44/49  
Min/Max: 5/12

### Superbowl Snack Bowl

This basket is fun and fast as students learn a continuous weave. We will be weaving over a non-breakable and washable bowl that is attached to a wood base. It will be the perfect addition to any "Superbowl" Party. Students must indicate if they are right or left-

handed. Baskets will be multi-colored unless student indicates a color preference at the time of registration. Please register 2 weeks ahead of class if you wish to choose colors for your basket.

Date: Thursday, 1/25 **BSK3**  
Time: 6:30 – 9:30 p.m.  
Fee: \$29/34  
Min/Max: 5/12

### Hyacinth Basket

Weave a beautiful basket to welcome spring. This round basket is woven on a round wood base and students will learn how to embellish their finished basket with woven flowers. This also makes a great Easter Basket.

Date: Thursday, 3/22 **BSK4**  
Time: 6:30 – 9:30 p.m.  
Fee: \$30/35  
Min/Max: 5/12

## HANNAH'S HOME ACCENTS CLASSES

All classes held at Hannahs, 455 Lake St., Antioch.

### Knitting 101

In this basic beginner's class, you will receive a pair of knitting needles and a skein of yarn. In this two hour class you will learn to cast on, knit and cast off.

Ages: 12 - Adult  
Time: 10:00 a.m. – noon  
Ses. 1: Sat. 9/30 **HAK1**  
Time: 11:00 a.m. – 1:00 p.m.  
Ses. 2: Sun. 10/15 **HAK2**  
Ses. 3: Sun. 11/12 **HAK3**  
Ses. 4: Sun. 1/14 **HAK4**  
Ses. 5: Sun. 3/11 **HAK5**  
Min/Max: 3/6  
Fee: \$17/20

### Double Page Scrapbooking

Come and learn how to arrange your photo's to create a wonderful double page layout. You will need to bring six to ten photo's of the same them, birthday, wedding, vacation or friends having fun.

Ages: 16 and up  
Day/Time: Sat. 10 a.m. – noon  
Ses. 1: 9/30 **HASB1**  
Ses. 2: 11/11 **HASB2**  
Ses. 3: 1/13 **HASB3**  
Ses. 4: 3/10 **HASB4**  
Min/Max: 3/12  
Fee: \$17/20

## Quilting

### Introduction to Quilting (Nine Patch)

Do you have a desire to learn how to quilt but just don't know how to get started? This is the class for you. Bring your machine in working order along with your thread, pins and basic sewing supplies. We will provide the fabric for you to complete one quilt block. Our cutting boards, rulers and rotary cutters will be available for you to use during this class.

Ages: Adult  
Times: 2:00 – 4:00 p.m.  
Ses. 1: Saturday 10/28 **HAQ1**  
Min/Max: 3/6  
Fee: \$17/20

### Kids Can Quilt (Thick and Thin)

This beginner's quilting class for kids for children who want to learn to sew. Bring mom's sewing machine in working order along with thread, pins, and basic sewing supplies. We will provide the fabric for you to complete a quilt block that could be used to hang on the wall or used as a mat on your dresser. Our cutting boards, rulers and rotary cutters will be available for you to use during this class.

Ages: 11 and up  
Time: 9:30 – 12:30 p.m.  
Ses. 1: Sat. 11/11 **HAKQ1**  
Min/Max: 3/6  
Fee: \$17/20

### Beading Basics

This class goes back to the basics of beading; learn about the different kinds of beads and how they are used. Don't know what tools are needed? This class shows what each is used for. You will create a necklace or bracelet during this class.

Ages: 12 and up  
Day/Time: Sat. 10 a.m.-noon  
Ses. 1: 10/14 **HABB1**  
Ses. 2: 11/25 **HABB2**  
Ses. 3: 12/9 **HABB3**  
Ses. 4: 1/27 **HABB4**  
Ses. 5: 1/24 **HABB5**  
Min/Max: 3/12  
Fee: \$17/20

# VILLAGE OF ANTIOCH PARKS & RECREATION REGISTRATION FORM

## NO REFUNDS

Parent/Guardian Name\_\_\_\_\_

Address\_\_\_\_\_City\_\_\_\_\_Zip\_\_\_\_\_

Home Phone\_\_\_\_\_Work/Cell Phone\_\_\_\_\_

Resident\_\_\_\_\_ Non-Resident\_\_\_\_\_ E-Mail\_\_\_\_\_

Health Notes:\_\_\_\_\_

<b>**Participant's Name(s)</b>	<b>Birth Date</b>	<b>Gender</b>	<b>Program Name and Program Code</b>	<b>Session</b>	<b>Cost of Program</b>

Please duplicate this form for additional registrations.

<b>Total Due:</b>	
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Mail or register in person at:

Parks & Recreation Department  
806 Holbek Drive  
Antioch, IL 60002

We accept cash or checks.  
Make checks payable to:  
Village of Antioch

Cash/Check#\_\_\_\_\_

***\*\*Please fill out a separate form for each family***

**Please read and sign the waiver on the back of this form.**

**WAIVER, RELEASE OF ALL CLAIMS AND HOLD HARMLESS AGREEMENT  
NO REFUNDS  
( READ CAREFULLY)**

**NOTE:** We do not carry medical or accident insurance for program participants. The costs of that type of insurance would make program fees prohibitive. Please review your own personal health insurance plan to be certain that you and your family have the proper coverage. The use of this form is one of our answers to the national liability insurance crisis, allowing us to continue to offer quality programs to the public at reasonable costs. If you have any questions, please call 847-395-2160. Thank you for your cooperation and support.

Please read this form carefully and be aware that, in signing up and participating in the Village of Antioch Parks & Recreation Department programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or the other named participants might sustain. The terms "I", "me," and "my" also refer to parents or guardians as well as participants in the programs you are agreeing as follows:

As a participant in these programs, I recognize and acknowledge that there are certain risks of any injuries, damages or loss which I may sustain as a result of participating in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risks of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Village of Antioch Parks & Recreation Department, any and all other participating or cooperating governmental units, any and all independent contractors, officers, agents, servants and employees of the governmental bodies and independent contractors, and any and all persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the preceding sentence are referred to as "released parties" in the remainder of this Agreement).

I do hereby fully release and discharge the Village of Antioch Parks & Recreation Department and the other released parties from any and all claims for injuries, damage or loss which I may have or which may accrue to me on account of my participation in these programs. In the event of accident, injury, or sudden illness, I authorize needed medical treatment by a physician and/or hospital.

I further agree to indemnify, hold harmless and defend the Village of Antioch Parks & Recreation Department and any and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation," and "activities," referred to in this Agreement, include all exercise and physical movement of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities, or premises involved on these programs, and transportation to and from any events.

I understand the nature of these programs for which I am registering and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become a part of this agreement.

I understand that the participant's photograph may be taken during Park Department activities and I give my permission to the Village of Antioch's Department of Parks & Recreation to use such photographs in program advertisements.

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(Participant's Signature (or parent/guardian if under 18 years of age)

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Date



Village of Antioch Parks & Recreation Department Is Now Offering:

# Parties!

## Some Party Ideas are as follows:

Birthday Party  
Baby Shower  
Bridal Shower  
Bachelorette Party  
Seasonal/ Holiday Parties  
"Girls Day Out"  
Scrap booking  
( You are not limited to these themes)

### Booking Fee

\$75.00 for Antioch Residents

\$85.00 for Non Residents

The booking fee includes a party organizer/leader, the location for an hour and a half, room decorations, a custom party banner, and party activities. Additional fees for invitations, paper goods, etc will be determined at consultation. Parties will be held at the Parks bldg. (Outdoor parties also available weather permitting.)

Food items not supplied.

Minimum of two weeks notice required for reservations. Parties are held on Saturdays or Sundays. Times to be determined. 15 children maximum (Unless otherwise agreed upon.) The booking fee is required at registration. Any additional fees must be paid before party date.

Please call or visit the Village of Antioch Parks & Recreation Department Office for more information or to set up a planning consultation.

806 Helbek Drive, Antioch, IL or 847 395 2160.

Parties are also available off location through Celeb Parti Concepts.



<b>Antioch Parks, Land &amp; Program Facilities</b>	<b>A C R E A G E</b>	<b>P L A Y G R O U N D</b>	<b>P A V I L I O N</b>	<b>B A S K E T B A L L</b>	<b>B A S B A L L</b>	<b>V O L L E Y B A L L</b>	<b>T E N N I S</b>	<b>F I S H I N G</b>	<b>B A T H R O O M S</b>	<b>A R B O R E T U M</b>	<b>P I C N I C T A B L E S</b>	<b>G R I L L S</b>	<b>O P E N F I E L D S</b>
1. Abbey Estates Park (Undeveloped)	4.6												
2. Antioch Community Building, 884 Main St.									X				
3. Antioch Community High School, 113 Main St.					x	x	x		X				x
4. Antioch Elementary School, 817 Main St.		x		x	x				X				x
5. Antioch Upper Grade School, 800 Highview Dr.				x	x				X				
6. Antioch Village Hall, 874 Main St.									X				
7. Centennial Park, 601 Anita St.	8.6	x	x		x		x		X		x	x	x
8. Gage Brothers Park & Hiram Butterick Sawmill, Scout House, 770 Cunningham Dr.	4.4	x								x	x		x
9. Jensen Park, Alima Terrace (in Sequoit Terrace Subdivision)	2.4	x	x	x	x		x		X		x		x
10. North Park, Donin Drive (in Antioch Manor North Subdivision)	3.5	x		x				x			x		x
11. Osmond Park, Valleyview Court	2.5	x				x					x		x
12. Pedersen Park, Highway 173	8.6	x						x	X		x	X	X
13. Senior Center, 817 Holbek									X				
14. Parks & Recreation Building, 806 Holbek Camp Crayon, Summer Day Camp									X				
15. Tiffany Farms (Undeveloped)	24.5												
16. W. C. Petty School, 850 Highview Dr.		x		x	x				X				x
17. * Williams Park, 741 Main Street	8.8	x	x	x	x	x			X		x	x	x
18. Windmill Creek (Undeveloped)	8.5												
19. Woods of Antioch (Undeveloped)	14.8												
20. Redwing View - Pulte Homes (.35 developed)	15.8	X								X			
21. Sprenger Park – NeuHaven	41.8	X	X										X
22. Mary's Park – NeuHaven	3.6		X										
23. Trevor Creek – Kennedy Homes (Under Const.)	3.0												
24. Clublands 1 & 2 (under construction)	16.2												

**\*Williams Park also includes the Little League Diamond, Antioch Aqua Center, Skate/Bike Park and Lions Club Pavilion**